

GENERAL FEEDBACK FOR ESSAYS

Content (40%)

Your interpretation should be in depth, comprehensive and academic. Always address the asked part. It should be evident in your outline, which should be self-explanatory in nature. Essays/Outlines that give related information without addressing the asked part do not qualify.

The whole essay should be relevant. Even if 1-2 arguments are irrelevant the essay will not pass.

Distribution of topic should be according to the demand of the topic statement i.e. if there is one scoring point it should be given more weight, if there are 2 or more scoring points all should be given equal weight.

All claims made in the essay must be substantiated. Out of 15-17 arguments at least 9-10 should be academically backed with proper references. The rest should be backed by either case studies or generally known information.

Evidence must be authentic and come from proper and authentic academic sources. Newspapers do not qualify as an academic source. Illustrations and vague mentions of events do not qualify as academic evidence.

Essays that are lacking in evidence do not qualify.

LANGUAGE (25%)

Focus on enhancing your grammar as any essay with 4-5 grammatical mistakes does not pass.

Your essay must be in the tone and tense of the topic statements. Essays that fail to comply do not pass.

Your sentence structure should be simple, yet clear and diversified.

Vocabulary used should be simple, clear and concise. Expression should always be formal and academic.

You are never to write in 1st and 2nd person pronouns.

You must always use the given keywords and your topic for your thesis statements and main headings in your outline.

STRUCTURE (20%)

Your essay must follow the selected pattern and that structure should be maintained throughout.

INTRODUCTION: The introduction is the longest paragraph of the essay, at least 200 words. It should start with a hook, must give the glimpse of what's to come and must have a thesis statement. Besides hook, your introduction should not have any sort of information and reference. Avoid definitions in introduction.

BODY PARAGRAPHS: Approximately 150 words at most and all the body paragraphs must be consistent in length. Should follow the proper structure of an academic paragraph i.e. it must have a topic sentence, supporting point, evidence and concluding sentence. The topic sentence and concluding sentence must align with each other. There should be no new information in the concluding sentence. One paragraph represents one subheading in the outline and consists of one idea.

CONCLUSION: Must start with the concluding phrase. There should be no new information in the conclusion. It should recap the arguments. Conclusion does not have any examples and information. If you are ending it on a hopeful note, remember that solutions and hope are not the same.

COHERENCE (15%)

Misquoted

THE Essay

Short introduction

The art of doing nothing is the most difficult of all; said - Oscar Wilde, highlighting the paradoxical nature of inactivity in a world that values productivity above all else. In today's

Productivity is not the antithesis to inactivity

fast-paced society, the idea of doing nothing is often met with unease, even guilt. We're constantly bombarded with messages to stay productive, to achieve more and make the most of every moment.

Always write in 3rd person

Just because you are not doing anything, does not mean you are not being productive

The pressure to be productive is palpable, from the expectations of work culture to the curated highlight reels on social media. But what if the opposite is true?

You do not write Essay on what is

Doing nothing is actually the key of unlocking our true potential? The struggle to do nothing is real - it's a battle against the guilt of not being productive, the anxiety of empty schedules and the restlessness of an unslapped mind. As the saying goes, 'sometimes nothing is the hardest thing to do'. This essay will explore why doing nothing is often the hardest thing to do, benefits it can bring and how we can learn to embrace it in a world that values constant action.

no points

The pressure to be productive is overwhelming and it's evident in various aspects of our lives. In the workplace, employees are often expected to be constantly available and working, with little time for breaks or relaxations. Meetings, emails and deadlines create a sense of urgency, making it difficult to disconnect. Social media exacerbates this

pressure, showcasing the highlight reels of other's lives, making us feel like we're not doing enough. A simple scroll through an Instagram can leave us feeling inadequate, comparing our behind-the-scenes moments to other's curated successes. This constant comparison and expectation to perform can lead to burnout, anxiety and a sense of never being enough.

This does not explain how sometimes, doing nothing is the hardest thing to do.

No argumentation no analysis. No evidence

But amidst this chaos, it's easy to forget that doing nothing is not a luxury, it's a necessity. When we are constantly on-the-go, our minds and bodies start to deteriorate so, what's the alternative?

Embracing inactivity can feel like an uphill battle, but it's one that's worth fighting. Doing nothing, or rather prioritizing self-care is essential for our well-being. When we allow ourselves time to relax and recharge, we open ourselves up to improved focus, creativity and better mental health. Studies have shown that taking breaks and practicing mindfulness can increase productivity and reduce stress. By doing nothing, we're able to tap into our creative potential, and our minds are able to wander and explore new ideas. As Ariana Huffington puts it, "The best way to recharge is to do nothing and then do something completely different." By prioritizing self-care, we're not being lazy, we're investing in our overall well-being.

But what's holding us back from embracing this culture of doing nothing? Why do we

Don't write transition between each body paragraph

struggle to prioritize self

mindset, and it's time to shift our perspective

Embracing inactivity can have a profound impact on our lives. By prioritizing rest, mindfulness and self-care we can improve our focus, boost our creativity and enhance our mental health. When we're well-rested, our minds are clearer, and we're able to tackle tasks with renewed energy and purpose. Mindfulness practices, such as meditation and deep breathing, can reduce stress and anxiety, allowing us to approach challenges with a calm and level head.

By taking care of ourselves, we're able to tap into our creative potential and our minds are able to wander and explore new ideas. As research has shown, self-care is not a luxury, it's a necessity for maintaining good mental health.

(American Psychological Association 2018). By doing nothing, we're not being lazy, we're investing in our overall well-being.

Recognizing the benefits of doing nothing is one thing; actually letting ourselves do nothing is another battle. Shifting from constant hustle to purposeful stillness requires concrete strategies and a bit of practice.

One effective approach is carving out short, scheduled moments of meditation. Even five minutes of mindful breathing before a work sprint can reset the nervous system, making the mind more receptive to idle time later.

Pairing this with a walk in nature amplifies the effect: the rustle of leaves, fresh air and gentle sunlight signal the brain that it's safe to relax. For example, I once set a "digital detox hour" after lunch - no

phone, just a park bench and a notebook for doodles. By the end of the week I noticed my focus sharpening, ideas flowing more freely and my stress level dropping noticeably. Another strategy is the "micro-nap" habit: a 10 minute power nap on a sofa or even a comfy chair, which restores alertness without the guilt of a full sleep session. Finally, building a simple ritual - like sipping herbal tea while listening to soft ambient sounds - create a cue that it's okay to pause. These small, repeatable actions gradually rewire the guilt-driven mindset turning "doing nothing" from a feared void into a welcomed recharge.

At the end, embracing "doing nothing" isn't about abandoning productivity altogether; it's about redefining it. When we allow ourselves guilt-free moments of stillness, we're investing in a more focused, creative and balanced version of ourselves. The act of doing nothing becomes a powerful tool - one that reconnects us with our inner rhythms, recalibrates our priorities and reminds us that sometimes, the most productive thing we can do is simply be. As we navigate a world that still prizes constant motion, let's challenge the stigma around inactivity and carve out spaces where "nothing" is exactly what's needed. Whether it's a silent morning, an unplanned afternoon or just pausing to breathe deeply between tasks, these pockets of pause hold the potential to transform the way we live and work.